

THE REAL SPIRIT OF HELPFULNESS CHARACTERIZES THE MODERN WOMAN OF LEISURE

LADY BOUNTIFUL DESCENDS FROM HER EXALTED PLACE

The Modern Gentlewoman Is Imbued With the Real Fraternal Spirit—The Danger of Fitting a Round Peg Into a Square Hole

SUCH phrases as "the idle rich" or "the leisure class" are fast falling into disuse by people of intelligence. One only occasionally hears them used, then generally by a man who, making an utter failure of himself, vents his spleen in attacks on those whom he considers were born under a luckier star than himself, or by the very ignorant man who doesn't know how to read the papers intelligently.

Today there is no class more worked than this same so-called leisure class. More generally than ever before in the history of this country there is manifested a desire on the part of members of this class to give not money only but personal service and with it there is an ability to work understandingly. This faculty of meeting other people on the basis of humanity and personality regardless of differences in the adventitious things of life is growing daily.

The Lady Bountiful pose is affected only by a few. Women and girls who are "real" have put it aside for the spirit of real comradeship, which means vastly more to the unfortunates who are to be given a hand.

BUT it occurs to me that many women in their eagerness to give some sort of service plunge in without first considering the matter carefully and deciding for which work they are best fitted. For instance, a woman who has splendid executive ability and could efficiently manage an organization for relief work is hiding her light—under a bushel of potatoes in this case—she is out in the fields doing the work of a farm hand.

She wanted to demonstrate her willingness to do whatever was required of her and so jumped at the first chance which presented itself, yet there are perhaps one hundred women better fitted to hoe potatoes, while not one of them could

organize and manage a large group of women as successfully as herself.

ACLEVER picture appearing some time ago in one of the illustrated London papers depicted a little "slavey" singing out with great gusto to one of her co-workers, a young noblewoman, to "urry along with these 'ere pleytes." Lady Montmorency-Fitzmaurice or whatever she was called was very submissive and eager to do her bit, yet here she was clumsily attempting to do work she was totally unfitted for, while she might have made a very successful stab at something else.

For after all, why should a very miscellaneous now's car be made out of a most useful silk purse?

THE WOMAN'S EXCHANGE Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are answered, but not necessarily in the order in which they are received. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. How can fresh machine oil be taken out of white materials? 2. What simple method can be used to make shoes waterproof in damp weather? 3. How can the shape of white shoes be preserved when cleaning them?

ANSWERS TO YESTERDAY'S INQUIRIES 1. Oilcloth should be cleaned with skimmed milk or milk and water mixed; soap ruins the surface. 2. If a white dress has a grass or fruit stain a little paraffin should be rubbed on the spot before sending to the laundry. 3. A rubber hose can be more easily cut if it is wet first.

Eggs a la King To the Editor of Woman's Page: Dear Madam—I have found the following recipe for eggs a la King very good, and perhaps some of the women of the Woman's Exchange would like to try it.

Recipe in War Menu To the Editor of Woman's Page: Dear Madam—Will you please publish a recipe for the split pea soup given in your daily war menu yesterday? (Mrs.) JOHN W.

French Cheese Omelet To the Editor of Woman's Page: Dear Madam—Is there any easy recipe for an omelet with French cheese? I have tried several, but cannot quite get the right substance. The Woman's Exchange was recommended to me and I hope you can help me. If you will follow these directions carefully I think you will have success: Four eggs, slightly beaten; one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one-half cup of hot milk, one-eighth cupful grated cheese. Mix in the order given, pour into a hot greased omelet pan and when the mixture thickens pick it up with a fork, letting the uncooked part take the place of the cooked. When it is firm fold and serve on a hot platter.

Tomato Sauce To the Editor of Woman's Page: Dear Madam—Will you kindly give me a recipe for tomato sauce? one that may be served with chops, cutlets or oysters? (Mrs.) T. M. D. Perhaps this recipe will answer, I have found it excellent: One and one-half cups of tomatoes, one-half cupful hot water, one slice of onion, one clove, one teaspoonful sugar, one-half teaspoonful salt, one-quarter teaspoonful paprika, two tablespoonfuls bacon fat, four tablespoonfuls flour. Simmer the tomatoes, water and seasonings for fifteen minutes and pass through a sieve, thicken with bacon fat and flour blended together and cook five minutes. If tomatoes are very acid add a pinch of soda. This mixture should be poured over the chops or cutlets just as they are ready to serve.

To Bleach Panama Hat To the Editor of Woman's Page: Dear Madam—Please print directions for washing a Panama hat and child's M. T. C. First wash the hat clean, and while still slightly damp expose to the fumes of burning sulphur in a closed vessel. Then use one pound of logwood, one-twelfth pound sulphate of iron and one-sixteenth pound of soda. Dip the hat in the bath several times and hang in the open air. When washed in the cooking water.

To Bleach Curled Furs To the Editor of Woman's Page: Dear Madam—I have some fur skins I cured myself but they are still not as good as they should be. I would love to make myself a new pair of boots if you could tell me what to do to get them soft. I am afraid there is little you can do with the furs if they were not properly cured in the first place. Take them to a reliable furrier, who can tell you just what can be done with them.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THE sun's warm rays have thawed the frozen soil and touched the roots of herbs, shrubs and trees. The ascending sap has reached the farthest tip of every branch and twig; buds swell and burst; a bright, fresh mat of green appears upon the earth; the flowers bloom, green garments clothe the swaying boughs—a veritable resurrection scene, for nature was not dead, but sleeping, waiting her allotted time.

Estimate the amount of energy to lift the sap in all the trees and bushes of a thickly wooded forest. Many gallons of water are evaporated daily from the surface of a tree of average size. Estimate the amount of water lifted up from the earth by a square mile of such green plants, or a thousand square miles. Every spring is a revelation of creative power, a repetition of the creative work which first carpeted the earth with green, and clothed it with all the glories of the rainbow.

When autumn comes, each tree, each shrub, each tiny plantlet, brings its store of energy, its ripened seed, its fruit, or nut—a little bundle of life tightly wrapped and sealed, carefully prepared to serve its purpose in the economy of the world. Think of the energy represented in all the acorns, all the wheat, all the corn, and all the nuts and seeds which ripen in the sunlight of the late summer and early autumn days. Each grain of corn planted in the springtime has been multiplied to several hundred grains. The farmer may carry his seed corn to the field in a bag upon his shoulder, but horses and wagons are needed to carry back the harvest in the fall. Think of it. Each pound of corn increased to two, three or four hundred or even a thousand pounds.

Biliousness and Autointoxication Are biliousness and autointoxication the same? No. Yes, an attack of what is commonly called biliousness is simply acute autointoxication; it means a putrefaction of substances in the colon in such quantities that the liver and kidneys are not able to destroy and remove them, so that the body is poisoned.

Sour Fruit and Starchy Food Is it strictly legitimate to eat sour fruit at the same meal with starchy food? No. Yes, for healthy persons. If one takes pains to chew thoroughly, the saliva will neutralize the mild acids of fruit to a sufficient degree so they will not do any harm.

Milk Before Retiring Is a glass of milk taken before retiring harmful? A glass of milk taken at night will often cause the tongue to be coated in the morning. A better plan is to eat a little stewed fruit or a little ripe fruit of some kind if one feels the need of food at night.

Toasted Bread Is it not advisable to eat toasted bread after it has become cool and hard rather than eat it when it is still warm and soft? No. Bread should be toasted entirely through and should be dry, like zwieback. It makes no difference whether it is warm or cold.

Hunger What causes one to be hungry? Hunger is an expression of the body's need for food. It seems to be located in the stomach and in the solar plexus. One may have an all-gone feeling in his stomach, but that is not hunger at all. It is due to the fact that the stomach is tired from overwork. A glass of cold water slowly sipped will usually give relief in such a case, and that is better than it is to take food. Hot water sometimes works better than cold water.

Tomorrow's War Menu Friday BREAKFAST Stewed Fruit Wheat Biscuit Creamed Codfish Coffee LUNCHEON Potatoes au Gratin Fried Eggplant Tomato Sauce Rice Pudding Tea DINNER Cream of Spinach Soup Spaghetti with Tomatoes String Beans Baked Shad Coffee

Carlisle Women Canvass for Loan CARLISLE, Pa., June 7.—Committees of women have been formed under the direction of Mrs. Edward Biddle, a noted charity worker, who will conduct canvasses in every section in the interests of the new Liberty Loan. Clubs of women are being formed to take bonds and "do their bit" in this way.

Selection of Good Books To the Editor of Woman's Page: Dear Madam—Will you suggest to me some source of study and books to read? I am twenty years old and left school here with my education, for which I am sorry. I have got a little reading on my mind, while other people are going on with their education. I am sure you will give me some good suggestions. I have a good foundation, but cannot advance unless I am better educated.

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IN THE MOMENT'S MODES



SMART VOILE FROCK A summery-looking dress is a joy to the wearer and to the beholder alike! This model is especially pleasing. It is of white voile made in two pieces, a skirt and separate coat effect, with a loosely tied sash belt. The huge sailor collar, the sports pockets and the afrosand belt are effectively trimmed with white soutache braid. Inch-wide tucks at intervals of about five inches add variety to the straight skirt.

THE CHEERFUL CHERUB Although I can't plant flowers here (I live in town away up high) Electric signs come out at night And make a garden in the sky.

Woman 105 Years Old Dies LAUREL, Del., June 7.—Easter Waller died near here, aged 105. At ninety she picked strawberries, sewed and read without glasses. James Games, her youngest son by her first husband, living here, draws a pension as Civil War veteran. William and Toab Games, past sixty, are her grandsons.

Spring I piped when I opened my eyes to the day, And the inner me murmured, "How can you be 23?" You've fluttered too high and you're broken your wing— There's never a reason why cripples should sing! "But it's spring!" I said, it's "spring!" And I called it a garden—my shabby old room— And I danced to the wallpaper roses in bloom! And the inner me murmured, "What does it all bring? You're a sparrow, a cricket, a silly young thing!" I answered, "I know, but it's spring!" —Jane Burr.

Republicans Elect Democrat NORRISTOWN, Pa., June 7.—A Republican Town Council in Bridgeport elected John J. Cronin, a Democrat, president, to succeed John Dillon, deceased.

Pleating—Hemstitching Buttons Covered and Pinked BEST WORK ONLY QUICK DELIVERY PARISIAN PRINTING & HOSIERY CO. 108 SOUTH 13TH STREET

LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

Dear Kate: I haven't wrote you for a long time, cause I know you will be ere at what I am going to tell you, and I was afraid you would tell some of the old crowd where I was, and they would queer me in some way. I have been doing housework, Kate. Yes, I can see you throw a fit as you read it, but it will tell you one reason why I have not been able to send you any money the last two months. I had been dancing steady for a long time and I always put a dollar in a box for you, and the cheap girls and the dirty restaurants and the fresh waiters got on my nerves and it even spoiled my work. Mrs. Smith has been after me for a long time to leave it. She just talks to me and talks to me every time I go over there. I got half sick and went over to Lake Rest for a couple of weeks, and I used to lie at nights up in my room a hearing the sounds and a feeling the quiet, and in some ways it made me hate the sidewalks and the hot dusty streets and the dance halls and the nights when I was up till morning and the days when I was a feeling like a boiled owl. I talked it all over with Mrs. Smith and she didn't want me to do clerking, cause I would still have to live in a room, and it is the people in the rooming houses who is the worst. She wants me to do something that will take me away from the crowd. Then she asked me if I would be willing to do housework. I told her I would be willing to try scrubbing, that sometimes it seemed that any old thing was better than what I have been doing for the last seven years. But I told her I didn't know nothing about housework, as I don't remember ever having been in a real house except here. I lived in furnished rooms all my life, but I was willing to learn and it seems to me if you are only willing to try, you can learn anything. I stayed with her two weeks, and she showed me how to cook potatoes, to fix meat, and I think the first day I made an apple pie all by myself. I nearly burst with pride. Why, Kate, there is a joy in just making something. To take some apples and some flour and butter and lard and to even crisp and hot and have some one say, "Ain't that fine?" Why, you feel you have really done something. It must be like when an artist paints a great picture. I had made something, something that is a part of me. The last week I was there she let me get all the meals, and if I ever marry a man I would want to do all the cooking myself. I don't think there could be any bigger happiness for a woman who really loved her man than to see him eat the food that she had fixed with her own hands, and if I could have a man of mine say, "Thank me them biscuits, Nan," or "You sure can make good gravy," well—I would have all that is coming to me. I learned to set a table and how to put the right knives and the right forks in the right places, and I always put a bowl of flowers in the middle. Some times there was yellow nasturtiums, and I would mix them in with leaves and put them in a big yellow bowl and they would make the food taste better just to look at them. Often the babies and me would go out in the fields and get great arms full of daisies and I would put them in with some pretty ferns we had around the house, or else I would gather red poppies and wheat and it would make it look as if all outdoors was a growing on the table. More tomorrow, lovingly, NAN. (CONTINUED TOMORROW) (Copyright, All rights reserved.)

Cumberland County Doctors Enlist CARLISLE, Pa., June 7.—Seven Cumberland County physicians have enlisted for regular army or reserve corps service and are awaiting a call from the Government for service. In addition a medical unit is being formed here and a survey of medical, surgical and drug supplies taken.

At the Sign of the Golden Turkey Beautiful Neck Boas Fans & Fancies Made from Your Old Ostrich Feathers Paradise, etc. renovated. No stains and fades in stock or made to order. MAILHOT Chestnut St. 1510 French Feather Dyer and Dresser. Mail Orders Receive Prompt Attention.

LUIGI RIENZI 1714 Walnut Street Semi-Annual Clearance Sale Continued without regard to Cost or Former Prices Unprecedented Values SUITS \$15 to \$33.50 DRESSES \$20 to \$45.00 COATS AND WRAPS \$20 to \$49.50 MILLINERY \$5 to \$15.00 SKIRTS SWEATERS BLOUSES Furs Stored, Altered and Repaired

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A Mother Made This Chart She had two babies—Margery and Joan. When Margery had to be weaned, she put her at once on modified milk, then on one baby food after another. Margery's weight kept going down, and she was pulled through the weaning time by a narrow margin. When Joan was born this same mother had read and studied about the digestion of babies and knew what they needed. So when Joan had to be weaned, she put her at once on Nestlé's Food and you can see by the chart what happened to Joan's weight. For a few days it went down, and then it went steadily and gladly up. Weaning time was an easy time for Joan and for her mother. So here's her chart with the weekly story on it. We have made a large chart like this (a blank chart, of course), and you can have it for your baby's story, week by week, if you will send the coupon below.

Nestlé's Food (A complete milk food—not a milk modifier) There's nothing mysterious in Nestlé's Food. It's just the nearest thing to your own milk that doctors and scientists have been able to make. If a doctor could forget all his Latin and his long technical words, here is how he would explain it: When your baby can't have your own milk any longer, he must have milk in some form. Nestlé's Food is pure milk from healthy cows, to which is added malted wheaten biscuit—and cane sugar, scientifically blended so that it gives your baby just the right proportion of fats, proteins and carbohydrates to nourish his little body. It comes to you a clean, dry powder, in air-tight tins. To prepare, you simply add cold water and boil a minute. It is easy for you. It is absolutely safe for your baby. Provide now for the weaning time. Send the coupon today for the free sample of Nestlé's Food, enough for twelve feedings, and the Specialists' Book on the care and feeding of babies. Don't delay, your baby's health depends on the food you give him now. NESTLÉ'S FOOD COMPANY, 281 Westwater Building, New York. Please send me FREE your book, Trial Package and large size Chart. Name: Address: City:

DALSIMER STANDARD SHOES A Call To The Out-Doors The healthful influence of the green grass and fresh air is much greater if you provide your children with correct footwear. Our variety of out-door oxfords is superior in many ways. Children, Misses and Boys or Girls English Play Oxford Tan Lotus (Calf with flexible, durable sole. \$15 to \$18. \$12.50 to \$15. 11 1/2 to 2. \$12.75) Longer wear is what you secure every time you buy your child's shoes here—a perfect fit is assured them. Tan Elk and White Nubuck with white ivory sole; sizes 5 to 7; and price \$20.00. \$21. \$22.50, \$23 and \$25.00. Fine White Linen or Black Calf with flexible leather soles. Sizes 2 1/2 to 7. \$4. 'TIS A FEAT TO FIT FEET Dalsimer Shoes and Hosiery 1204-06-08 Market St.